



GREAT BEGINNINGS

GRANOLA PARFAIT

Yogurt, seasonal fruits, granola

SEASONAL FRUIT PLATE

Vanilla yogurt sauce

CEREAL

Corn Flakes, Frosted Flakes, Raisin Bran or All Bran cereal; regular, low fat or soy milk

PASTRY BASKET

Croissants, assorted Danish, muffins

SIGNATURE CLASSICS

EGGS BENEDICT

Canadian bacon on toasted English muffin, poached egg, Hollandaise sauce

STEAK & EGG

Chargrilled striploin steak, fried egg

SMOKED SALMON BENEDICT

Smoked salmon on toasted English muffin, poached egg, Hollandaise sauce

WAFFLE

Tropical fruit stew, maple syrup, powdered sugar

OMELETTE

Made-to-order with your choice of shrimp, ham, onions, tomatoes, mushrooms, sweet peppers, spinach, cheddar, feta or pepper jack cheese

CRUNCHY FRENCH TOAST

Banana compote, warm orange syrup, cinnamon, powdered sugar

PANCAKE STACK

Blueberry compote, whipped butter, warm maple syrup

TRADITIONAL ENGLISH BREAKFAST

Fried egg, mushrooms, potato, beans, grilled tomato, bacon, sausage

LOCAL BREAKFAST PLATTER

Ackee & saltfish, Johnny cake, fried plantain, sautéed callaloo, tomato

SIDES

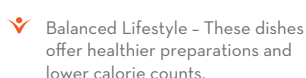
CURED BACON
GRILLED HAM
BREAKFAST PORK

SAUSAGE
CRISPY HASH BROWNS
ENGLISH MUFFIN

BAKED BEANS
BAGEL, CREAM CHEESE
TOAST



Vegetarian



Balanced Lifestyle - These dishes offer healthier preparations and lower calorie counts.



Gluten-Free - Please consult your server on which dishes can be prepared gluten free.



Lactose-Free - Please consult your server on which dishes can be prepared lactose free.



Vegan

Please inform your server if you have any food allergies or special dietary requirements. Sandals' kitchens are not food allergen-free environments. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of food-borne illness to young children, seniors and those with compromised immune systems.

Our Chefs proudly partner with these local farmers and artisans to source quality, fresh-picked ingredients: JP Tropical Foods LTD. • Bamboo Farms • Al Golaub and Sons • Lasgro Hydroponics • Advance Farms • Valley Fruits LTD. • Good Hope Country House